



40 Maple Street
P.O. Box 187
Ellington, CT 06029

Hours:

Mondays:
8:30am-6:00pm

Tuesdays:
8:30am-4:00pm

Wednesdays:
8:30am-4:00pm

Thursdays:
8:30am-4:00pm

Fridays:
8:30am-1:30pm

Main Line:
860-870-3133

Transportation Line:
860-870-3137

Meet Our Staff:

Director:
Erin R. Graziani

Assistant Director:
Samantha "Sam" Baer

Administrative Secretary:
Alisha Goss

Bookkeeper:
Sue Maheux

Drivers:
Ken McCarthy
Jeanne Magurany
Mark Balkan

Transportation Secretary:
Jasbir Jutla

Newsletter Volunteers:

Anna Hyde
Judy Varney
Janet Wieliczka

Maple Street Monthly

Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

November 2019

Greetings,

Here we are in the Winter season so it's time for the following reminders: For delays and closings stay tuned to channels 3, 8, and 30 and check out our website to subscribe to alerts, or visit our Facebook page. If the Ellington Public Schools are closed or delayed, so is the Senior Center. This also means there is NO transportation, or kitchen services.

Thank you to Captain Kim Gambacorta and the team: Vince Gambacorta, Fred Bird, Jack Turner, and Dennis Varney, for last months Fire Prevention Program. Also, we thank Jim York, Fire Marshal, for donating 9V batteries for your smoke detectors. Come get them while they last!

Be sure to get your tickets soon for the Annual Thanksgiving Dinner. I would also like to welcome you to attend a program after the dinner "Basis of the 911 System" presented by Jack Turner, 911 Municipal Coordinator. Sign up for both events in advance.

Make sure you check out the new program being offered, Acrylics on Canvas, with Instructor, Sandy Poirier.

Join us on November 7 at 2:45 pm for the Monthly Music with members from the EHS Jazz Band, Vocal Group and Wind Ensemble. This is a student-lead program bringing us a taste of a variety of music. We'd like to see your support for these students.

We hope you come and visit us for our Annual Spectacular Holiday Craft & Vendor Fair on Saturday, December 7 from 9am-1pm.

Due to the storm closing in October, our Volunteer Meeting is rescheduled to Thursday, December 19 at 1pm.

Sincerely,
Erin R. Graziani, Senior Center Director



Like us on
Facebook!

Thanksgiving Dinner

Thursday, November 21, 2019

12:00 pm

Tickets in Advance by:
11/14/19
See Inside for Details



Holiday Craft & Vendor Fair

Saturday, December 7
9:00 am-1:00 pm

See Inside for Details!

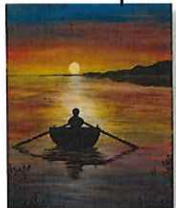
OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.

SPECIAL EVENTS - Sign up in the Info Center for the Following Programs:

Acrylics On Canvas

Tuesday 11/5
10am-12pm



Tuesday 11/19
10am-12pm

A Painting Workshop
Instructed by: *Sandy Poirier*

\$15 per project

Please see Alisha to pay in advance.
Cost Includes instruction and all supplies.

AARP

Smart Driver Safety Course

Thursday, November 7
9:00 am - 1:00 pm

AARP Members \$15,
Non-AARP Members \$20.

Stop in or call to register. Space is limited.

MONTHLY MUSIC WITH EHS

Thursday,
November 7
2:45 pm

Accomplished members of the EHS Jazz Band,
Wind Ensemble and Vocal Groups will be
performing a variety of music.

Monthly TED Talks

Join us for a brief video, followed by discussion:

Tuesday, November 5
1:00 pm

How to read a dog's body
language
Barbara Sherman



Tuesday, November 12
1:00 pm
Deaf in the military
Keith Nolan



Tuesday, November 26
1:00 pm

A (not so) scientific experiment
on laughter
Anthony McCarten

How Well Are You Sleeping?

wednesday, November 6
1:00pm

An Overview of Sleep Disorders

Presented by: Dr. Richard Shoup



Trinity Health
Of New England

Johnson Memorial
Hospital

Acceptable Forms of Payment for all Programs/
Classes: Cash or check, made payable to: SCAF
(Senior Citizen's Activity Fund)

Listening Lab

With Patricia Stoughton

Wednesday, November 13 at 1:00 pm
Pat invites you to sit and listen to a variety of
music. Your requests honored. Second Weds.
of the month. Conversation Appropriate.

Bob Steele on the Radio

The Life of Connecticut's
Beloved Broadcaster



Paul Hensler



Wednesday,
November 13

1:00pm

Ellington resident and
author, Paul Hensler,
shares the story of Bob
Steele, the beloved
radio voice of Southern
New England and
WTIC AM.

Ready.. Steady.. Balance!

A Fall Prevention and Balance Series

November 18

1:00 pm

Free

Join Instructor Linda Stein for this quarterly workshop.
Attendance at all sessions is encouraged, not required.
Additional details in the Info Center and online.

Tuesday, November 19 at 1:00 pm

Please join State Reps., Chris Davis and Tim Ackert, and State Sen., Dan Champagne for a Q&A session with representatives from the Connecticut Insurance Department regarding long term health care policies. Questions call 860-240-8720.

History for Fun *Legends of the Old West*



Wednesday, November 20
1:00pm

Presented By:
Joe Ouellette



We will gladly accept donations of clean, unbroken, household tag sale items for our Attic Treasures sale held on December 7. Items may be dropped off beginning November 25 (no sooner, please).

Changes in the Maple Street Cafe

Tuesdays (SAME)

Soups, salads and sandwiches served 11:00 am-12:30 pm. See menu and board for more info. No reservation needed.

Wednesdays (NEW)

Lunch served 12:00 pm-12:30 pm
\$4 Hot Lunch - ordered & paid in advance before 3pm the day prior. No walk-ins.

Hot Lunch Menu:

11/6: Baked ziti with meatballs, veggie, bread
11/13: Mac & cheese, veggie
11/20 Chili & cornbread

All hot lunches include beverage and dessert

Thanksgiving Dinner

Thursday, November 21, 2019

12:00 pm

Oven Roasted Turkey & Gravy, Mashed Potatoes, Stuffing, Butternut Squash, Cranberry Relish, Dinner Roll, Pumpkin Pie & Beverage

Tickets in Advance by: 11/14/19

Residents: \$15

Non-Residents: \$16

See Alisha for tickets!



Basis of the *9-1-1 System*

Thursday, November 21, 2019

1:00PM

PRESENTED BY:
JACK TURNER,
911 MUNICIPAL COORDINATOR

UPCOMING DECEMBER EVENTS:

12/3 Science of Stress & Anxiety, 1:00 pm

Joan Harovas, RN with Integrative Medicine at Trinity Health/JMH, explores the body's response to stress and how to manage it.

12/4 HOLIDAY CONCERT, 10:30 am

Performed By: The Ellington Singers
Ticket Required - free. Refreshments served.

12/4 GUY TALK, 1:00 pm

Exercise Physiologist, Bruce Brazeal, of Hartford Healthcare's Bone & Joint Institute, will discuss strengthening/toning/cardio for men

Holiday Craft & Vendor Fair

Saturday, December 7

9:00 am-1:00 pm

Get your holiday shopping done, and join us for a variety of handmade items, local merchants, door prizes, attic treasures, and more!

Lunch will be available a la carte from the Maple Street Café from 11:00 am-12:30 pm.

HEALTH, WELLNESS & FITNESS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers or a staff member. See the calendar page for schedules.



Instructor: Kristina Tedford

Mondays 9:00 am-9:45 am

4 week session: 10/21, 10/28, 11/4, 11/18

Next Session: 11/25, 12/2, 12/9, 12/16

Residents \$20 Non-Residents \$24

No Walk-Ins.

Please sign up in advance with Alisha.

Tai Chi for Arthritis & Fall Prevention



Instructor: Sam Baer

Residents: Free

Non-Residents: \$3

Mondays at 2:00 pm



Join Sam for a slow, gentle class, suitable for all, especially those with arthritis and issues with balance. Participate standing or in a chair. This Sun style class is evidence based and recommended by the CDC to be effective at preventing falls.

Fitness Classes with Linda Stein

See Calendar for Schedule

Chair Exercise *,

Mondays, Tuesdays & Thursdays

10:00 am-10:45 am

Residents \$4 Non-Residents \$5



Simple Circuit *,

Tuesdays & Thursdays

11:00 am-11:45 am

Residents \$7 Non-Residents \$8



CrossSculpting *,

Tuesdays & Thursdays

5:30 pm-6:30 pm

Residents \$7 Non-Residents \$8



All classes are offered on a walk-in basis.
Dress comfortably and bring a water bottle.

* See Instructor for session discount

YOGA

Instructor: Sam Baer, RYT200

Friday Mornings - See Calendar for Schedule

Mat Yoga Class: 9:00 am

Chair Yoga Class: 10:30 am

Residents: Free

Non-Residents: \$3

Bring your own mat.

All levels welcome. Walk-in



CHAIR YOGA

Podiatry Clinic

Wednesday, November 6, 9:00 am-3:00 pm

Fee Applies.

For more info or to schedule an appointment call
Cathy Brennan at Pedicare: 860-202-3021.

Advanced Line Dancing

Instructor: Nicole Gagne

8 Week Session Rates (no walk-ins, max 20):

10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9, 12/16

Residents \$40 - sign up begins 10/7

Non-residents \$48 - sign up begins 10/11

Ask the Nurse

Tuesday, November 12

12:30 pm-2:00 pm

Do you have a question about a condition or illness?
Need info on a health topic? Need your blood pressure
or blood sugar checked? Walk-in. Free



TRANSPORTATION

EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

HISTORY

Transportation services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA). Funded in part, by the "Older American's Act."



TRANSPORTATION HOURS, SCHEDULING & FEES

Transportation Services are offered five days a week for social activities and medical appointments.

Please call the Transportation Line at 860-870-3137

to request a "Transportation Packet" that provides you with the program's rules and regulations, or to make an appointment.

Normal hours for medical transportation are offered:
Monday – Thursday:
9:00 am-2:30 pm,
Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00. A \$3.00 donation fee per round trip is suggested and appreciated.

SHOPPING

Big Y &
Stop and Shop,
Every Friday 



We'll bring your groceries in.

Got errands & need a ride?

We can help!

My To-Do List

Date ☒ Item

- ☐ Senior Center
- ☐ Town Hall
- ☐ Library
- ☐ Doctor's Appointment
- ☐ Physical Therapy
- ☐ Grocery Store
- ☐ Bank
- ☐ Post Office

MEMBERSHIP & REGISTRATION

MEMBERSHIP

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration.

We ask that you sign in using your "My Senior Center" card for each program you attend.

Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at:

<http://seniorcenter.ellington-ct.gov>

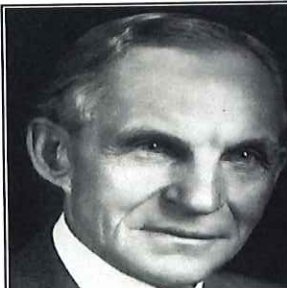
REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description.

Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment. Partial payments are not accepted unless otherwise specified.

IMPORTANT:

All payments for programs are non-refundable, and make-up classes are not permitted unless the Senior Center cancels.



Anyone who stops learning is old — whether this happens at twenty or at eighty. Anyone who keeps on learning not only remains young but becomes constantly more valuable — regardless of physical capacity.

— Henry Ford —

2020 TRIPS ARE HERE! Flyers with full information are coming soon!

DATE	DAY TRIPS	COST
Saturday, April 18, 2020	MGM Springfield Casino & Show ("9 to 5") at the Majestic Theater.	\$60
Wednesday, May 20, 2020	Hartford Yard Goats Baseball Game. Includes transportation, Tour Director, game ticket, Exclusive seats in the Party Porch Buffet Lunch.	\$88
Thursday, June 25, 2020	Thimble Islands Cruise & Chowder Restaurant, Branford, CT	\$105
Sunday, July 19, 2020	Hudson River Cruise & Sunday Brunch at Shadows on the Hudson, Poughkeepsie, NY	\$112
Tuesday, September 29, 2020	Oktoberfest at Gavin's Resort in the Catskills	\$103
Friday, October 16, 2020	Turkey Train Winnepesaukee Railroad, NH	\$113
OVERNIGHT TRIPS & CRUISES ***Call Friendship Tours to book this trip: 1-800-243-1630		
April 25, 2020 - May 2, 2020 *** CRUISE	California Coastal Cruise including round trip flight to LA, 7 nights aboard Royal Princess, San Francisco, Monterey, San Diego, Ensenada Mexico.	Starts at \$2149
September 1, 2020 - September 17, 2020 *** CRUISE	Escorted Trans-Atlantic Cruise on Royal Caribbean's Brilliance of the Seas. Sail Amsterdam to Boston. Norway, Iceland, Greenland. 17 days/15 nights.	Starts at \$2999
September 14, 2020- September 16, 2020	Conway, NH Overnight includes: Transportation and lodging, Castle in the Clouds, Mt. Washington Cog Railroad, Lake Winnepesaukee Turkey Train.	Starts at \$519
November 5, 2020 - November 15, 2020 ***CRUISE	Escorted 7 night Hawaiian Islands Cruise on NCL's Pride of America. Includes roundtrip transportation, accommodations, and sightseeing. Honolulu, Oahu; Kahului, Maui; Hilo, HI; Kona, HI; Nawiliwili, Kauai, USS Arizona Memorial & USS Battleship Missouri, and more!	Starts at \$4999
November 10, 2020- November 12, 2020	Lancaster, PA Overnight includes: Transportation and lodging, "Queen Esther" at Sight & Sound Theatre, Amish Countryside Tour, Miller's Smorgasbord, and "A Playhouse Christmas".	Starts at \$555

DAY TRIPS: Payment is due in full upon signup.

OVERNIGHT: Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.

All trips are subject to change and are non-refundable unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:

SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.